



*A gentle landing place where
love-light, curiosity and awareness
blend to inspire spiritual growth.*

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.

-Harvey Fierstein

Reflection Questions

When have you felt bullied into silence?

What was the motivation for your choice to stay silent?

How did that serve you?

If you were in the same or similar situation, what would you do or say differently?

*Ann Ruane, Certified Energy & Crystal Healer
Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.*